BENGALURU, SUNDAY, MARCH 31, 2024 www.Bangaloremirror.com Happy Easter 16 Pages PRICE ₹4

Bangalore Mirror ON SUNDAY

TEMP Max 30 | Min 22 | Humidity 33% Mostly Cloudy Sensex 73,651 | Nifty 22,326 | Gold 67,800 | Silver 75,044 | Dollar 83.38 | Euro 90.06 | GBP 105.23

Forest dept creates makeshift waterholes to tackle scarcity in 100-acre Turahalli patch separated from main forest

WATER FOR WILDLIFE

Waterholes only source of drinking water for wildlife

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TWEETS @BangaloreMIRROR

While the city reels under a severe water crisis, urban forest patches are not untouched either. After a few reports of wildlife venturing out of Turahalli Forest Reserve in search of water, the Karnataka forest department (KFD) has swung into action.

The department has decided to manage waterholes inside the forest area to ensure water availability for wildlife.

"The main forest area has a lake that is filled to the brim. Water scarcity is in nearly a 100-acre patch of Turahalli, which is separated from the main forest. We have put some concrete rings inside this patch and are ensuring they are filled so animals do not venture out of the forest," said N Ravindra Kumar, deputy conservator of forests (Bengaluru Urban), KFD.

KFD officials told BM that waterholes will be created and managed until the city receives some rainfall.

"We have put concrete rings

CONTINUED ON PAGE 12 »

"We will continue to manage these waterholes up until we receive some rain

— N Ravindra Kumar, deputy conservator of forests (Bengaluru Urban), KFD

1,004 fatal road mishaps in a month

On average, 32 fatal road accidents occur daily in Karnataka

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In January 2024, Karnataka recorded 1,004 fatal and 2,779 non-fatal cases of road accidents. On average, 32 fatal cases and 90 non-fatal cases occurred daily in the state.

National highways posed a significant risk, accounting for 30.7% of fatal cases and 30.2% of non-fatal cases. Out of the 1,004 fatal cases, 308 occurred on national highways; 839 out of 2,779 non-fatal cases were reported on the same roads.

Moreover, national highways witnessed a disproportionate number of casualties, with 31% of persons killed and 33% of persons injured.

According to the data gathered by the Karnataka State Police, 335 people were killed on national highways in January and 1,514 people were injured.

In total, more than 1,800 people were impacted by road accidents on national highways in Karnataka in just a month.

The state highways proved to be dangerous as 286 fatal and 646 non fatal accidents occurred in a month.

According to the police report, 315 people lost their lives on state highways and 1,154 people were injured.

CONTINUED ON PAGE 12 »

3 THINGS TO DO

01 Ukulele date

Calling all ukulele enthusiasts! Embark on a musical journey filled with joy, harmony, and the sweet sound of ukuleles at a workshop with My School of Rock. Whether you`re a beginner or a strumming pro, get ready for a harmonious adventure. You can ask anything about ukuleles, their playing techniques, or play your favourite songs and get pointers to continue your ukulele journey beyond our workshop.
Where: My School of Rock, Koramangala, 8th block
When: March 31 to April 20

02 Creativity and imagination

Build your confidence and make memories with Embassy Academy's upcoming 'Younique Talent Show,' where young stars will have the opportunity to shine brighter than ever before! Prasad Bidapa, a Bengaluru-based fashion stylist, consultant, and choreographer, is the guest of honour and judge. From singing sensations to dancing dynamos, from comedy kings and queens to mesmerising magicians, come showcase your extraordinary skills. The last date to register is April 2.
Where: Embassy Academy, Devanahalli
When: April 6, 12:30 pm to 6:00 pm

03 Techno music

Unleash your techno spirit and get ready to dance the night away to the electrifying beats of talented DJ artists Hunter Game, Almost Human, and Ma Faiza, who will be performing at High Ultra Lounge. Hunter Game has been making waves in the music industry with their infectious club anthems. Known for her incredible energy and passion for music, Ma Faiza is sure to have the crowd on their feet through the night. Almost Human's unpredictable journey through the music scene is bound to keep you guessing and grooving all night long.
Where: Sheraton Grand Hotel at Brigade Gateway
When: Hunter game on April 6, Almost Human and Ma Faiza on April 7

Doctors bust scary aura around 'shock treatment'

Electroconvulsive therapy: Carefully regulated procedure to induce brief seizure

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Doctors at the National Institute of Mental Health and Neuro-sciences (Nimhans) say the stigma around electroconvulsive therapy (ECT) may well be unfounded.

ECT, also known as 'shock treatment,' is one of the earliest medical treatments to be highly effective for severe psychiatric illnesses. Nimhans has been treating patients with ECT services for 75 years now. However, health professionals say this procedure carries stigma and rejection, similar to many aspects of psychiatric illnesses.

The innovations and developments in ECT helped it successfully complete its 85-year journey around the world last year. Nimhans also observed 75 years of ECT services with different programs. In 2023, over 7,000 patients suffering from mental illness received ECT at NIMHANS and are on the road to recovery. Even during Covid, the ECT sessions were not stopped for patients, and over 2,000 sessions were done between 2020 and 2021.

Dr Preeti Sinha, professor and in-charge ECT services, Department of Psychiatry, Nimhans, said, "ECT is depicted in movies as administering an electric current, and there is a lot of stigma about it, but in reality, it's a carefully regulated procedure used in anaesthesia. ECT today is administered for a brief duration, typically 0.5 to three seconds, with a current of 12 to 24 watts for less than five seconds, inducing brain activity without seizures. It follows a strict protocol and is not forcibly administered."

Dr Sinha further added that despite innovations and evidence showing it doesn't damage the brain, there remains a stigma around ECT, with misconceptions about its impact on functioning. "Side effects such as headaches from anaesthesia are monitored, with patients encouraged to report any issues. ECT is typically given over six to eight sessions, two to three times weekly, tailored to individuals' improvement. It's indicated for psychiatric illnesses, severe cases of depression, suicidal ideation, and sometimes schizophrenia. It is also given during pregnancy or postpartum, particularly when medication isn't an option. While ECT can cause memory issues, including temporary difficulty recalling minor details during treatment, total memory loss is rare, with most patients eventually regaining their memories," she said.

SHOCK
Shock: The Healing Power of Electroconvulsive Therapy (Book) by Kitty Dukakis and Larry Tye
A History of Electroconvulsive Treatment in Mental Illness (Book) by Edward Shorter and David Healy
ECT GENERATOR

Dr Preethi and Dr Varsha at the 75th anniversary of ECT exhibition at Nimhans Heritage Museum

> **"ECT is typically given over six to eight sessions, two to three times weekly, tailored to individuals' improvement**
> –Dr Preethi Sinha, professor and in-charge ECT services, Nimhans

Quick history

ECT is one of the earliest medical treatments to be reasonably effective for severe psychiatric illnesses. It came into existence in 1938 when two Italian psychiatrists, Ugo Cerletti and Lucio Bini, used electric current to generate convulsions while treating patients. ECT was introduced in India in 1943 at Ranchi European Hospital and was first used at the Nimhans (then called the Mysore Government Mental Hospital, MGMH) in November 1947.

Bengaluru loves idli, especially rawa kind

One Swiggy user from Hyderabad ordered idlis worth Rs 7.3 lakh in the past 12 months, the online food delivery platform, Swiggy said on Saturday on the occasion of 'World Idli Day.'

The peak time for ordering idlis is between 8 am and 10 am, with consumers from various cities, including Bengaluru, Hyderabad, Chennai, Coimbatore, and Mumbai also savouring the delicacy during dinner time, the company said in a statement. Bengaluru, Hyderabad, and Chennai emerged as the top three cities where idlis are ordered the most, followed closely by Mumbai, Pune, Coimbatore, Delhi, Vizag, Kolkata, and Vijayawada.

The plain idli emerged as the most popular variant across all cities, with a plate of two pieces being the most common order.

"Rava idli enjoys particular popularity in Bengaluru, while ghee/neyi karam podi idli is favoured in Tamil Nadu, Andhra Pradesh and Telangana. Thatte idli and mini idli also find regular spots among Idli orders across cities," said Swiggy.

Idlis ranks as the second-most ordered breakfast item on the platform, following closely behind masala dosa.

The top five restaurants famous for their idlis are Asha Tiffins in Bengaluru, A2B - Adyar Ananda Bhavan in Bengaluru and Chennai, Varalakshmi Tiffins in Hyderabad, Sree Akshayam in Chennai, and Veena Stores in Bengaluru, according to the online food delivery platform.

– IANS

Heatwave persists: No respite in sight

As B'luru faces hottest March in five years, citizens are urged to take precautions against relentless heatwave

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Bengaluru recorded its hottest March day in the last five years, and the sad news is that there could be no immediate respite from the sweltering heat. Weather experts said the dry weather will continue for another week or more. An update from the Skymet weather app said, "Bengaluru is unlikely to have any respite for the next week or ten days. The north-south Peninsular India trough has mostly remained inactive, so far. Strong easterly winds penetrate deep, pushing the trough far to the west of the city. As such, the trough has remained dry, without any trigger of moisture from either side of the coastline. Day temperature may rise further by a notch or two, to climb in the high 30s. There are early signs of some weather activity, likely in the second week of April."

The Skymet update further said that as Bengaluru sits on a plateau and enjoys an elevation of about 3,000 feet, this altitude keeps the city pleasant for fairly long. Extreme heat comes up in April and lasts till the first week of May. Thereafter, frequent thunderstorms as a part of pre monsoon activity lead to comfortable breezy evenings and nights. Yes, days continue to remain hot, till short of monsoon arrival, in the first week of June. April, in general, is hotter than May, albeit with small margins. "March 2024 has remained completely dry for Silicon City. Parched conditions led to soaring temperatures on most days of the month. Temperature exceeded the 35°C mark for nine days, so far. During this, it touched 36°C on two occasions, including yesterday. The mean monthly normal for March so far works out to 34.5°C, about 1.5°C above the average, which is significantly high. Even, the minimum temperature persistently remained in the low 20s for the entire duration. Bengaluru has an average of about 15 mm of rainfall in March; no rainfall has been recorded this season. Nothing is likely for the next 10 days. In the last two years, the city witnessed stray showers on a few occasions in March. But, there are earlier occasions as well, when March remained completely dry. Zero rainfall was recorded in March 2019 and 2021. Average rainfall increases substantially during the upcoming months of April and May. Moderate normal rainfall of 62 mm in April, shoots to three digits of 129 mm in May," the update added.

Citizens seen using umbrellas, and caps, to beat summer's heat

Weather experts said the dry weather will continue for another week or more

Meanwhile, the Health and Family Welfare Department has issued an alert for heatwaves. The alert said that it is crucial during periods of extreme heat to stay hydrated and consume nourishing foods. Regularly drinking sufficient water, even when not feeling thirsty, is essential as thirst may not always indicate dehydration accurately. Carry water with you, especially when travelling, and consider using Oral Rehydration Solution (ORS) or homemade drinks like lemon water, buttermilk, or fruit juices with added salt for better hydration. Additionally, eating hydrating foods such as seasonal fruits (like watermelon, muskmelon, oranges, grapes, and pineapple) and vegetables (like cucumber, and lettuce) can help maintain hydration levels.

Beat the heat

1. Protect yourself from the sun
Wear loose, light-coloured cotton clothing that allows your skin to breathe. Use umbrellas, hats, caps, towels, or traditional headgear to cover your head when exposed to direct sunlight.

2. Stay informed and alert
Listen to radio broadcasts, watch television, and read newspapers, for weather updates and alerts.

3. Safety during outdoor activities
Schedule outdoor activities during cooler times of the day, such as mornings or evenings. Offer drinking water and encourage hydration among participants.

4. Employer and worker safety measures
Schedule strenuous activities for cooler times of the day and educate workers about heat-related illnesses and prevention measures. Implement an emergency response plan for heat-related illnesses and ensure First Aid training is available.

Consumer Connect Initiative

Dhanwantari Institutions: Transforming Education in India with an Affordable and Holistic Approach

Mr. ARIF AHMED J
Chairman

When Dr. Neelam Ahmed and Mr. Arif Ahmed established Dhanwantari Nursing College in 2003, their vision was simple yet powerful: to offer quality education at an affordable price. They aimed to provide a platform for students from all backgrounds to pursue their aspirations and excel in the healthcare sector.

Today, Dhanwantari Institutions has evolved from a single nursing college with 100 students to a comprehensive educational center serving over 3,500 students across diverse disciplines. Offering programs ranging from PU College and CBSE school to BEd, BBA, MCA, MBA and various healthcare and paramedical courses, Dhanwantari caters to a wide array of students needs and interests.

What distinguishes Dhanwantari is its emphasis on holistic development. The institution believes in nurturing students beyond academics, encouraging participation in sports, cultural activities, and social responsibility initiatives. They regularly host talks by esteemed speakers to inspire and guide young minds.

"We believe that education goes beyond academics; it's about shaping confident, well-groomed individuals who can contribute meaningfully to society," says Mr. Ganesh, the principal of Dhanwantari Institutions. "Our goal is to foster not only intellectual growth but also emotional, social, and moral development."

Dhanwantari achieves this by promoting extracurricular activities such as singing, dancing, and industrial visits to help students channel their energy constructively. They prioritize mental health and well-being, providing counseling and guidance services to support students through academic challenges.

With a commitment to student success, Dhanwantari boasts a 100% placement record. Their dedicated placement wing equips students with market-relevant skills and collaborates with industries to secure suitable opportunities. Even international students from Europe and Canada choose Dhanwantari for its esteemed nursing education.

DR. GANESH PB
Director

VK & BM EDUCATION EXCELLENCE AWARDS-2023

Technology is integral to learning at Dhanwantari, with smart boards enhancing comprehension and revision. However, the institution emphasizes that technology should complement rather than replace teachers, who are selected based on their ability to engage and inspire students.

"Our educators are more than just teachers; they are mentors and facilitators," explains Mr. Ganesh. "They employ innovative methods to make learning interactive and enjoyable, offering individual attention and feedback to each student."

Beyond academia, Dhanwantari actively engages in community service, organizing village visits and social responsibility programs to instill a sense of civic duty in students. They uphold values of inclusivity, respect for all cultures and religions, and promote harmony and diversity.

"Our aim is to instill social and environmental consciousness in our students, fostering compassion and empathy," says Mr. Arif Ahmed. "We want them to embrace diversity and appreciate different perspectives and beliefs."

Looking ahead, Dhanwantari aims to attain autonomous university status, expand course offerings, and enhance infrastructure. Their vision is to be a leading institution of excellence in education, research, and innovation, making a positive impact on society.

For Dhanwantari, education is not merely a business; it's a passion and a mission. Their innovative approach and commitment to affordability make them a beacon of hope for students seeking quality education. As their founder asserts, "Work hard, strive for success, for nothing worthwhile comes easy."

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DHANWANTARI Group of Institutions, 39/1, Vinayaka Nagara, Chikkabanavara, Bengaluru 90
Contact: 9448579585

Karnataka's forest cover inches up, ecological concerns linger

Despite modest increase in forest area, forest department grapples with challenges to preserve biodiversity and ecosystem health

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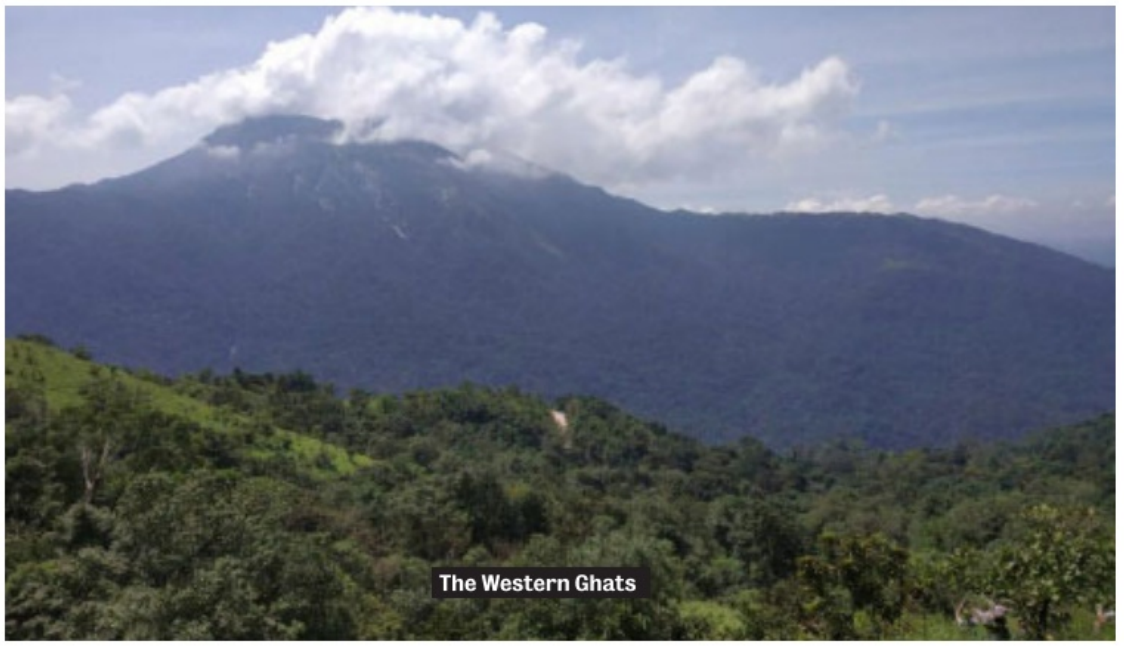
The Western Ghats

Between April and December 2023, Karnataka added 2,892 hectares of forest area to its existing reserve of 40,64,930 hectares. With this, the total area under forest cover has reached 40,67,822 hectares. However, this forms just 21.21 per cent of the total geographical area. Despite the recent inclusion, Karnataka's current forest cover is much lower than it was a little over two decades ago. In 2002, the state had 43,35,645 hectares of forest area, forming 22.61 per cent of the total geographical area.

According to the National Forest Policy of India, the ideal percentage of the total geographical area under forests should be at least 33 per cent to maintain ecological stability. Experts say that given that the 33 per cent benchmark has no scientific basis, the focus should be on forest quality. Increasing forest areas with native tree species will be more useful than monoculture plantations for financial gain. Moreover, ill-advised tree-planting schemes would prove detrimental in the long term, and we should safeguard natural forests.

"While forest area must increase, natural forest cover should get priority. Any plantation activity will not lead to a high level of ecosystem restoration and services as provided by natural forests. For instance, in many areas in the Western Ghats, Acacia plantation was carried out sometime back and is accorded forest status. Similarly, many forest areas in Karnataka have Nilgiri plantations with hardly any native trees," said a city-based wildlife conservationist.

Experts say instead of plantation drives in the Western Ghats area, the forest department should focus on greening dry areas while securing grassland ecosystems. "Plantation drives in areas with good forest cover will not be beneficial. Apart from carrying out such drives in dry areas, the department should consider diverting funds towards extraction of Acacia and Nilgiri plantation from the Western Ghats," said Giridhar Kulkarni, a conservationist.

Forest land diversion continues

Regardless of the low forest cover, Karnataka continues to divert green patches for various non-forestry purposes. According to data from the forest department, between April and December 2023, nearly 120.6 hectares of forest area was diverted for non-forestry purposes. Out of these, while 53.67 hectares were for various mining projects, a little over 65.83 hectares were diverted for railway and 1.05 hectares for transmission lines. In 2022-23, 89.61 hectares were diverted and in 2021-22, 60.48 hectares were redirected for various projects. With this, the total forest area diverted so far is 32,062.49 hectares; nearly half the size of Bengaluru.

"Given the ongoing climate crisis, diversion of even a single hectare of forest area for non-forestry purposes is criminal. While the government claims to have added nearly 3,000 hectares of forest area to its existing reserve, the quality of these plantations should be questioned. Moreover, any sapling takes a minimum of 20-25 years to start providing similar ecological services as a mature tree. Keeping these aspects in mind, any forest land diversion should be completely stopped at least temporarily," said Joseph Hoover, former State Board for Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Conservationists also underline that in case of unavoidable diversions, an assessment of the carrying capacity of the forest areas should be conducted.

Wild elephant loses tusk to speeding truck in Bandipur

An elephant lost one of its tusks in a road accident adjacent to Bandipur Tiger Reserve on Thursday night. Following the accident, the elephant continued moving and has not been traced so far.

According to the officials from Karnataka Forest Department (KFD), the mishap happened on a village road outside Bandipur Tiger Reserve due to a speeding vehicle.

"We are using the dog squad and foot patrolling team to locate the animal as soon as possible. This is to ensure that necessary treatment can be provided in case the animal has received a fatal blow. It is a village limit and not inside Bandipur Reserve and thus we have not been able to zero in on the vehicle so far. But it is a case of a speeding vehicle hitting the animal. The elephant had strayed out of the forest and while crossing village limits adjacent to Bandipur, it received the blow," said S Prabhakaran, director of Bandipur Tiger Reserve. The elephant is reported to be hit a by truck carrying construction material from a nearby quarry.

Due to the impact, the tusk was uprooted and was found on the road by a passerby near the Hediyala range on Friday morning. The police department has filed an FIR and CCTV footage of all vehicles moving towards Nugu Wildlife Sanctuary is being checked by the department.

"Tracking the injured elephant is our top priority. According to our veterinarian, the tusk was slightly loose. If it was a completely intact tusk and had fallen during the accident, it would have been easier to track the animal as blood loss would have been more. However, since the tusk was not completely intact, blood loss is less and thus it is getting difficult to locate the elephant. We are hoping the animal has not received a fatal blow, but there surely will be some impact. We know the route the tusker has taken and search is on along that route," informed Prabhakaran. Officials also informed BM that the department will push for speed limits to be imposed on private roads adjacent to the reserve due to elephant movement in the area.

Elephant-related accidents have exponentially increased over the last few years (file photo)

"There is elephant movement in the area and managing vehicular speed, especially during night hours will ensure better safety of wildlife. We are currently conducting general awareness programs among villagers. However, we plan to put up signboards with speed limits on roads adjacent to the reserve," said Prabhakaran. — BMB

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Barricade block

Veeranapalya

Barricades have been placed in a pedestrian walkway in front of Courtyard Marriott to cover their entrance.

Biker danger

Dayanand Sagar Junction

The road near the junction is in hopeless condition and poses grave danger for bikers.

Trimming time

JP Nagar

An overgrown tree near Sarakki needs immediate fence cutting

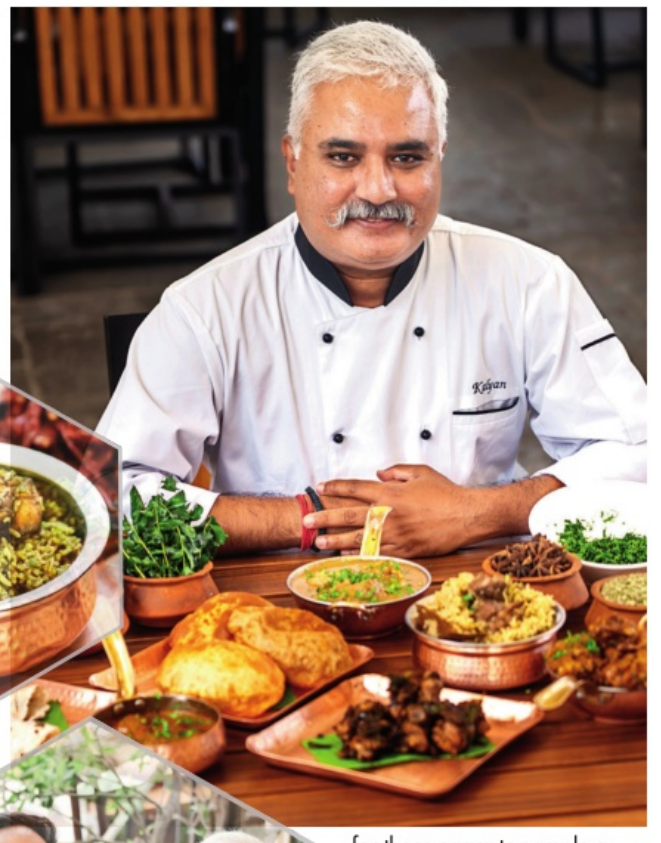
THE BEST FOOD FOR YOUR AGE

In your 20s Build foundation: Chances are you are in your first real job, travelling and socialising with friends. You're running a mile a minute — health often doesn't take priority and meals can be erratic. But there are a few things every 20-something woman needs to include in her diet such as potassium, which can be found in most fruit and vegetables.
This is the age that bone density continues to grow, so make calcium-rich choices and incorporate cheese, edamame and yoghurt. Foods rich in omega-3 fatty acids, such as walnuts, are a good onthe-go snack option.
In your 30s Make smart choices: The age of juggling between work and family means that you need to keep your energy up and introduce more nutrients into your daily diet. It's also the decade in which the effects of unhealthy choices can begin to creep in — weight gain, high cholesterol and hypertension.
This is the best time to introduce folate-rich foods into your diet, such as chickpeas, spinach and asparagus. Folates help during pregnancy and with overall heart health. Iron is another nutrient needed to keep energy levels up, so tuck into fortified cereals and dark greens. There's good news too: A little dark chocolate and good wine are recommended.
In your 40s Up the ante : This is perhaps the decade where women will see the most change. As bone-building oestrogen starts to decline, calcium becomes all the more important. Take it along with vitamin D, which can be found in tuna, salmon and eggs. Fibre is another ingredient that every 40-something woman needs to up. Make it a point to eat a mix of soluble (from fruits, vegetables, barley, and oats) and insoluble (from whole-wheat bread and bran) fibre daily. Adding flaxseeds to your diet can help in numerous ways. Limit yourself to two cups of coffee a day.
In your 50s Supercharge your health: For women in their 50s, the Mediterranean diet can be your best friend. Now is the time to make sure you have your daily intake of protein to maintain and regain muscle. There are a few superfoods you should be stocking up on, such as berries — they are a one-stop for nutrition because they're high in fibre, vitamin C and antioxidants. Cottage cheese and avocados are also recommended.
60s and onwards Daily intake: Osteoporosis, heart health, weight control and inflammation are some of the hurdles faced at this age. Must-eat foods include blueberries, avocados, eggs and almonds. Foods that can be enjoyed in limited amounts are dark chocolate, good quality red wine and coffee. Instead of your morning coffee, try matcha green tea powder which is a more balanced source of caffeine.

—ET Bureau

ADVERTORIAL

Indulge in Naati Culinary Delights at Hyatt Centric MG Road Bangalore



Experience the essence of Naati cuisine at Hyatt Centric MG Road this April. We cordially invite you to embark on a gastronomic journey expertly crafted by Naati cuisine connoisseur Kalyan Gopalakrishna. Indulge in an array of indigenous delicacies such as Bannur Mutton Pepper Roast, Naati Koli Fry, and Bannur Lamb Khaima Vade, exclusively available at The Bengaluru Brasserie.

Satisfy your palate with sumptuous main course options like Natti Koli Saaru, Bannur Mutton Pulav, Bannur Mutton Chops Gojju, and Bannur Lamb Khaima Vade, complemented by traditional South Indian staples such as Ragi Mudde and Akki Roti. Our aromatic rice dishes, including coconut rice and ghee rice, paired with a refreshing green salad, offer a harmonious balance to your dining experience.

Choose from a thali for those eager to sample a variety of dishes, a combo for those seeking a curated selection, or opt for Al-La Carte for those with a specific craving. Join us at Hyatt Centric MG Road in Bangalore this month as we celebrate the culinary brilliance and rich cultural heritage of Karnataka. Allow us to elevate your dining experience with unparalleled flavors and gracious hospitality at The Bengaluru Brasserie.

DATE: 3rd April to 6th April, **TIME:** 7.30 Pm to 12.30 PM.
PRICE : Bannur Mutton Thali INR 1500/- | Combo starts from INR 775/- | A-la Cart starts from INR 355/-
VENUE : The Bengaluru Brasserie, Hyatt Centric MG Road Bangalore
For more information, please call: **9591510193**

Fearing defeat, BJP misusing central agencies: Siddaramaiah

CM accuses saffron party of trying to use tax terrorrism against Congress

Chief Minister Siddaramaiah on Saturday alleged that the BJP is using organisations like the IT Department, ED, and CBI to weaken the Congress Party as the party is scared of losing the upcoming Lok Sabha elections. He added that the BJP is trying to weaken their party through 'tax terrorism' as they believe that by doing this, they can win the election. "The CM said, the Bharatiya Janata Party, fearful of impending defeat in the upcoming Lok Sabha elections, has been misusing autonomous institutions like the IT Department, ED, and CBI to undermine the Congress Party. As part of this tactic, they have unleashed 'tax terrorism' on our party. The BJP is under the illusion that by weakening our party, it can win the election," as per a press statement by the CMO.

"The IT department has issued a notice to the Congress Party, alleging unpaid income taxes and demanding a payment of Rs 1,823 crore. Our leaders have revealed that between 2017 and 2018, the BJP obtained contributions from 92 undisclosed donors, and from 1,297 donors lacking address details, amounting to Rs 42 crore. Should the same criteria be applied to the BJP, it would be liable to pay Rs 4,263 crore for tax discrepancies over the last seven years," the CM said. Siddaramaiah said that as the Lok Sabha election gets closer, the Income Tax Department is becoming more active and is using 'tax terrorism' against opposition parties but is ignoring the BJP's tax violations.

Siddaramaiah said that as the election approaches, the Income Tax Department has become hyperactive, using 'tax terrorism' as a tool against opposition parties, including TMC and CPI. "However, the same IT Department, which aggressively targets opposition parties, mysteriously turns a blind eye to the BJP's tax violations. The public is not so ignorant as to not question who is blindfolding the IT Department," as per the press statement. Siddaramaiah, however, accused the IT Department of ignoring the Yediyurappa diaries found in Karnataka and the 'Birla-Sahara' diary that suggests Narendra Modi received benefits.

"The IT Department, which levies accusations of tax violations against certain Congress leaders citing supposed diary entries, overlooks the Yediyurappa diaries exposed in Karnataka, as well as the 'Birla-Sahara' diary that suggests Narendra Modi as a beneficiary. Why have these not caught the department's attention?" the CM said. He accused the BJP of wrongly using money through electoral bonds and distracting people from this big scam by falsely accusing opposition parties of evading income tax.

Siddaramaiah at the launch of an Indira canteen (File photo)

CM alleged, IT dept that levies tax violation charge from Congress leaders, overlooks Yediyurappa case, Birla-Sahara diaries

The CM said, "It is public knowledge that the ruling BJP has misappropriated thousands of crores through electoral bonds, misusing institutions like IT, ED, and CBI. However, now, in order to divert the people's attention from this huge scam, the BJP government is making false accusations of income tax evasion with the malicious intention of portraying the opposition parties as guilty," as per the press statement.

"In the past five years, the BJP government has written off around Rs 10.09 lakh crore of bank loans of fraudsters like Vijay Mallya and Nirav Modi. The public deserves to know how much kickback the BJP received from these individuals," he said, as per the press statement. Siddaramaiah also alleged that the BJP is built on people who evade taxes, destabilise banks, plunder mines, trade on the black market, and rob others.

"The true power of the Congress Party lies in its grassroots support, not in financial resources. In contrast, the BJP leans on financial clout, but our strength is the backing of the populace. The BJP's foundation rests on tax evaders, bank destabilizers, mining plunderers, black market traders, and robbers," the CM said. "The BJP has become a washing machine that swallows corrupt money and issues certificates of honesty to the corrupt. Joining the BJP seems to cleanse all sins, allowing continued corruption and embezzlement without any legal consequences or investigations," the Karnataka Chief Minister said.

"The BJP has ascended to and preserved its position of power through the misappropriated funds of these fraudsters. 'Operation Kamala' in Karnataka stands as a prominent example of this," the CM added. **– IANS**

Not offered ticket, Sumalatha to announce decision on April 3

Mandya sitting MP Sumalatha Ambareesh on Saturday said she would announce her decision on the upcoming election on April 3, given that she was not renominated and NDA constituents BJP and JD(S) decided to field HD Kumaraswamy from her constituency. The multi-lingual film actress-turned-politician convened a meeting of her supporters at her Bengaluru residence to decide her future course of action, with the change in political scenario. Addressing her supporters, she said, "I will make my decision public at Mandya on April 3 because it is my duty to keep the voters of Mandya informed about any of my decisions."

Sumalatha had won the 2019 Lok Sabha election as an independent candidate with the BJP's backing, and defeated Nikhil Kumaraswamy, the grandson of former prime minister and JD(S) patriarch HD Deve Gowda and son of former chief minister HD Kumaraswamy. However, the Janata Dal (Secular) is now BJP's ally, and Kumaraswamy will be contesting the election as the NDA candidate. In order to pacify Sumalatha, BJP state President and Yediyurappa's son BY Vijayendra called on her on Friday but Sumalatha said she would consult her supporters on Saturday before taking a final call. After the meeting with her supporters on Saturday, she told them that her political career had begun with their blessings. She also praised the fans of her husband and eminent Kannada film actor-turned politician late Ambareesh, who stood by her.

Sumalatha meeting BJP state president B Vijayendra (file photo)

"I have people on the stage who have been supporting Ambareesh for the past 30 years. They shared their pain with me. They were those who gave me confidence to fight the election though I did not have any political experience," Sumalatha said. "Though no big names were behind us except for a crowd of diehard fans of Ambareesh, the people of Mandya did not bother about it and wholeheartedly supported me," the independent MP said.

Sumalatha was expecting a BJP ticket and had met all the BJP central leaders, including Prime Minister Narendra Modi, Union Home Minister Amit Shah, BJP National President JP Nadda and former Karnataka Chief Minister BS Yediyurappa. However, the party decided to reserve the Mandya seat for its ally JD(S). Late on Friday, the JD(S) officially declared that Kumaraswamy will be their candidate. **– PTI**

New candidate for Kolar

The Congress party on Saturday announced the candidate for the Kolar parliamentary seat in Karnataka, amid infighting. The grand old party had kept the announcement of this seat pending as five legislators, including a Cabinet minister threatened to submit their resignations over ticket allotment.

The ticket has finally been allotted to KV Gowtham, son of former Bengaluru Mayor Vijaykumar. Gowtham hails from Kolar and his father is known as a loyal worker of the Congress party.

The party had announced candidates for all 27 Lok Sabha seats and kept the Kolar ticket pending following high drama by MLAs who went to the state legislature to submit their resignations in opposition to the ticket to Chikka Peddanna, son-in-law of Minister for Food, KH Muniyappa. **– IANS**

Tejaswini Gowda joins Congress

After joining the Congress today, former Bharatiya Janata Party leader Tejaswini Gowda exuded confidence that the grand old party will emerge once again, and bounce back.

"I believe in political values and political struggles. In India, we fought for freedom and democracy to give opportunities to the common people in politics. Today, there is no such opportunity in the BJP. We want to save the constitutional democracy. Congress is going to emerge once again. It will bounce back," she said. She further asserted that Congress is the best and historical party.

"I am from the media background. We used to analyse things. But today, I would like to strengthen the organisation from ground zero to every constituency," Gowda added.

Tejaswini Gowda who was a Congress MP between 2004 and 2009 but she crossed over to the BJP in 2014. **– PTI**

Home Minister Amit Shah to visit Karnataka on April 2

Union Home Minister Amit Shah will kick-start the poll campaign in Karnataka on April 2 from Bengaluru.

In the first public rally after the Lok Sabha elections were announced, the BJP is planning to give a message of unity in the country. V. Sunil Kumar, BJP State General Secretary, announced at a press conference, that Home Minister Amit Shah would engage in day-long campaigning on April 2 in Karnataka. "Home Minister Amit Shah's campaigning will infuse new spirit among us. He will commence the day's activities with a convention in Bengaluru," Kumar said. He said that D.K. Suresh's statement on dividing the nation reflects the Congress mindset while BJP aims to unite the country.

"Home Minister Amit Shah is scheduled to arrive in Bengaluru at 9 a.m. on April 2 and will convene a breakfast meeting with BJP and JD-S leaders. He will address a convention at the Bengaluru Palace Grounds, targeting voters from Bengaluru North, Bengaluru Central, Bengaluru South, Bengaluru Rural, and Chikkaballapur Parliamentary constituencies," Kumar said. In the afternoon, the Home Minister will meet leaders from Chikkaballapur, Tumakuru, Chitradurga, Davanagere MP Seats in Bengaluru. He will also participate in a roadshow in Channapatna Town within the Bengaluru Rural constituency, Kumar added. **– IANS**

Serial laptop thief would scour PGs across B'luru

Woman arrested, 24 laptops worth Rs 10 lakh seized from her

CRIME FILES

A 29-year-old woman from Rajasthan was arrested for allegedly stealing laptops from multiple paying guest accommodations across the city since 2022.

According to Bengaluru Police Commissioner, B Dayananda, "The woman identified as Jassu Agarwal was arrested with 24 laptops worth Rs 10 lakh."

Sharing details about the thefts, the Police Commissioner said, "A laptop, charger and mouse were stolen from a rented house under the HAL police station and a case was registered at the HAL police station in October last year."

The official further said that the investigation of the case was carried out and the accused woman was arrested and interrogated at length.

Subsequently, the woman, identified as Jassu Agarwal, was arrested with 24 laptops worth Rs 10 lakh. The theft included three laptop cases of one each at HAL, Koramangala and Indiranagar stations.

As per details, the Rajasthan woman used to conduct the robberies in paying guests (PG) around software company localities and PG areas of the city such as Tin Factory, Marathahalli, Bellandur, Silkboard Hebbala, Whitefield, Mahadevpur, etc.

It was revealed during the investigation that the stolen laptops were being sold to laptop shops in Marathahalli, Yelahanka and Hebbal by the accused, said the official. The Deputy Commissioner of Police, Whitefield Division, Sivakumar, under the guidance of the HAL Police Inspector and others, have succeeded in cracking the case against the accused.

File photo of laptops recovered from an earlier theft incident in Bengaluru

Fatal stabbing

In the wee hours of Saturday, a seemingly trivial dispute escalated tragically in the Talaghattapura police station limits, resulting in the fatal stabbing of a truck driver named Lingamurthy. The incident unfolded around 12:30 am when Lingamurthy parked his truck near a construction site in Hemmipura village, accompanied by his brother Govindraju, also a truck driver. Their visit was to a construction site where two earth-movers, loaded with sand, were stationed.

As Govindraju left the scene to attend a call, Lingamurthy remained behind. It was then that a labourer named Chiranjeevi, around 38 years old, and residing in the adjacent area, approached Lingamurthy. Chiranjeevi reportedly complained that Lingamurthy's truck was causing dust to enter his residence, and requested him to relocate. However, Lingamurthy declined, leading to a heated argument between the two men.

> **A laptop, charger and mouse were stolen from a rented house under the HAL police station limits last year** –B Dayananda

The altercation turned violent when Chiranjeevi, in a fit of rage, stabbed Lingamurthy with a knife. Despite sustaining severe injuries, Lingamurthy managed to contact his brother, who promptly rushed to the scene. Lingamurthy was swiftly transported to a nearby hospital, but succumbed to his wounds. The authorities swiftly responded to the incident, apprehending Chiranjeevig. Deputy Commissioner of Police (South) Shiva Prakash Devaraju confirmed the arrest.

—BMB & Agencies

India in space: ISRO's work 'astonishing'

Director General of European Space Agency (ESA), Josef Aschbacher, heaped praise on the Indian Space Research Organisation (ISRO) for its recent successful launches and said that India's accomplishments in space and especially in lunar exploration is 'astonishing'.

Aschbacher posted an appreciation post on X, after ESA hosted its 323rd Council meeting in Paris which was attended by the ISRO Chairman, S Somanath.

ESA Member States met in Paris, France, for the 323rd session of the ESA Council on March 26 and 27, 2024.

The European scientist also underscored that the significance of strengthening ties and deepening cooperation with international partners cannot be underestimated.

"What India is accomplishing in space - especially in Lunar exploration - is astonishing. We hosted ISRO's Chairman, Dr. S. Somanath at ESA Council today. It was a milestone occasion for Delegates to learn more about current and future plans for ESA-ISRO cooperation," he posted on X.

"The strategic importance of strengthening ties and deepening cooperation with international partners cannot be underestimated," he added.

Additionally, Astronaut Thomas Pesquet also shared about meeting with the ISRO chairman and the ESA Director and said that the they witnessed enthusiastic exchanges between the two leaders.

"Very proud to welcome ISRO chairman Shri. S. Somanath at ESA HQ in Paris yesterday, with our director Josef Aschbacher. Enthusiastic exchanges between the two men, and abounding cooperation opportunities between the two organisations. Let's co-travel to space together!," he posted on X.

> **Director General of European Space Agency heaped praise on space agency for its work, especially in lunar exploration**

In a stellar display of prowess, India soared to new heights in 2023 with the successful soft landing of Chandrayaan-3 on the South Pole of the Moon and the launch of Aditya-L1, India's first solar mission.

These milestones not only secured India's standing in the global space economy but also fueled the engines for the private space sector in India.

On August 23, 2023, the Chandrayaan-3 mission created history with the successful soft landing on Moon's surface.

India is now the first nation to reach near the Moon's unexplored South Pole and ranks amongst the top four nations to carry out a soft landing on the lunar surface.

Chandrayaan-3 is India's third lunar mission and the second attempt to land softly on the moon's surface. It's part of the Chandrayaan program, a series of missions developed by the Indian Space Research Organisation (ISRO) to explore the moon. The mission consists of a Vikram lunar lander, a Pragyan lunar rover, and a propulsion module that carries the spacecraft from Earth orbit to lunar orbit.

Additionally, in a major milestone, India placed its first dedicated solar mission, the Aditya-L1 spacecraft, in the Halo orbit. The country went gaga over this historic achievement, especially since this mission came at the back of India's moon landing, the Chandrayaan-3 mission.

Aditya-L1 reached Lagrange Point L1 which is about 1.5 million km from earth. —ANI

₹2,000 notes: No exchange, deposit at RBI offices on April 1

The window for the exchange or deposit of Rs 2000 banknotes at RBI regional offices will not be available on Monday, April 1.

The central bank cited operations related to "Annual Closing of Accounts" as the reason behind the unavailability of exchange and deposit services. The facility will resume on Tuesday.

About 2.4 per cent of the just-withdrawn Rs 2,000 banknotes are still in circulation, about six months after the deadline to deposit or exchange them at bank branches is over.

This essentially meant 97.6 per cent of the total value of the high-value Rs 2,000 banknotes were back in the banking system.

The last day for the public to avail of exchange or to deposit high-value Rs 2000 banknotes at the banks was Saturday (October 7).

> **Service to resume from Tuesday as about 2.4% of withdrawn banknotes are still in circulation, about 6 months after the deadline to deposit or exchange them**

The total value of Rs 2000 banknotes in circulation was Rs 3.56 lakh crore at the close of business on May 19, 2023, the date on which RBI decided to withdraw the banknote. As of February 29, it has declined to Rs 8,470 crore.

The Rs 2000 banknotes continue to be legal tender.

Notably, the window for depositing and/or exchanging the Rs 2,000 banknotes continues to be available at the 19 issue offices of the RBI.

Those 19 RBI issue offices are in Ahmedabad, Bangalore, Belapur, Bhopal, Bhubaneswar, Chandigarh, Chennai, Guwahati, Hyderabad, Jaipur, Jammu, Kanpur, Kolkata, Lucknow, Mumbai, Nagpur, New Delhi, Patna, and Thiruvananthapuram.

Members of the public from within the country can send Rs 2000 banknotes through India Post from any post office in the country to any of the RBI Issue Offices for credit to their bank accounts in India.

The Rs 2000 banknote was introduced in November 2016, primarily to meet the currency requirements of the economy expeditiously after the withdrawal of the legal tender status of all Rs 500 and Rs 1000 banknotes in circulation at that time.

The objective of introducing Rs 2000 banknotes was met once banknotes in other denominations became available in adequate quantities. Therefore, the printing of Rs 2000 banknotes was stopped in 2018-19. —ANI

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

SPOT ME IF YOU CAN!

An effective camouflage strategy for the praying mantis relies not only on its colouration but also on its ability to fold itself into a compact form, blending seamlessly into the surrounding environment.

The picture was clicked by reader **P Adithya**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

BMTC urged to implement 'CPR for safety' after bus tragedy

Activists push for Automated External Defibrillators and CPR training in bus stations to ensure passenger safety

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMirror

The recent incident of a passenger collapsing and dying in a Bangalore Metropolitan Transport Corporation (BMTC) bus has highlighted the need for Automated External Defibrillators (AEDs). Activists say that AEDs should be available in major bus stations. A 60-year-old man suddenly collapsed and died on a BMTC bus travelling from Kempegowda Bus Station to Shankar Nag Bus Station on Friday. The man collapsed while the bus was in commute near Navarang Talkies. According to BMTC officials, the man died immediately, and the bus was taken to Basaveshwarnagar Police Station.

But the incident has brought to the fore the issue of access to immediate medical care for lakhs of passengers using the buses every day. While medical aid can be provided immediately, it's hard for help to arrive within the golden hour. In such situations, an effective solution is for drivers and conductors to be trained in CPR and first aid. "BMTC should conduct formal training for BMTC staff, drivers, and conductors on CPR and first aid. Additionally, AEDs should be available at major bus stations. Due to our current traffic situation, it's difficult for external help to arrive on time. Training doctors and conductors is the best option. If all BMTC staff are annually trained in CPR and first aid, it would be worth it even if they can save a single precious life. While it's impossible to have AEDs on each bus, they should be made available in all major bus stations. The availability of AEDs should be made aware of with signages," said Rajkumar Dugar, Convenor of Citizen for Citizens (C4C).

C4C also conducts free formal training on CPR, first aid, and using AEDs. "We have already conducted training for AEDs in Bangalore Metro Rail Corporation Limited (BMRCL) and South Western Railway (SWR), and we have written to BMTC as well. But we are yet to hear from them," he added. Based on the volunteer work of C4C, BMRCL chose to install 5 AEDs in major metro stations.

Using a defibrillator on an individual in cardiac arrest increases his survival rate by 60% – a letter from C4C issued to BMTC

"AEDs are important because they strengthen the chain of survival. They can restore a normal heart rhythm in victims of sudden cardiac arrest. New, portable AEDs enable more people to respond to a medical emergency that requires defibrillation. Onsite AEDs save precious treatment time and can improve survival odds because they can be used before emergency medical service personnel arrive. A heart rhythm in ventricular fibrillation may only be restored to normal by an electric shock. AEDs are compact, lightweight, portable, battery-operated, safe, and easy to use. When care is provided within 4 to 5 minutes, including early treatment with an AED, survival rates can improve dramatically. Using a defibrillator on an individual in cardiac arrest increases his survival rate by 60 per cent," stated the letter from C4C issued to BMTC in 2022.

DID YOU KNOW?

The Kadu Malleshwara Temple, constructed by Venkoji, the step-brother of Maratha King Shivaji, dates back to the 17th century. Dedicated to Lord Shiva, this ancient temple in Bangalore's Malleshwaram area showcases the Dravidian architectural style. Notably, it hosts the renowned annual fair, Kadekai Parishe (Groundnuts Fair), with celebrations commencing with an abhisheka to Malleshwara. Legend has it that the linga of Malleshwara was discovered amidst the forests, around which the temple was erected. Interestingly, the Malleshwaram area derives its name from Malleshwara, further intertwining its history with the temple's lore.

GET HEARD WITH MIRROR

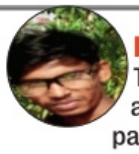
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

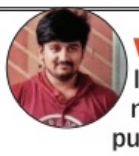
where Bengalureans speak their mind

How has Bengaluru's infrastructure and connectivity positively impacted your daily life?



Prashant, BM Reader
Transportation, buildings, roads and bridges all are positively impacting daily life. And with all this, I can still reach on time to my desired places, and live a cosy life with my family with all the needed necessities.

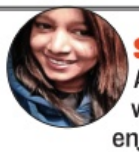
Suresh, BM Reader
Bengaluru's infrastructure gives us a higher chance to motivate ourselves to use the infrastructure to achieve something. The infrastructure and connectivity have positively impacted the daily lives of its residents.



Venkatesh, BM Reader
Improved infrastructure and connectivity, exemplified by efficient public transportation and well-maintained road networks, positively impact daily life. Reduced commute times and accessibility contribute to overall convenience.

Sumathi, BM Reader
The infrastructure supports the development of civilisation worldwide. Governments and other organisations commit significant resources to build and maintain various infrastructures.

Somesh, BM Reader
The infrastructure and connectivity have transformed in recent years, with the emergence of new projects that have improved the quality of life for its residents. The expansion of the Metro has led to better accessibility.



Suchitra, BM Reader
As these developments integrate with metro stations, residents enjoy swift connections to key hubs, all the while reducing traffic congestion and environmental impact. These hubs serve as pivotal points for accessibility.

SPEAK TO US

Which community initiatives or social projects in Bengaluru do you think contribute to its greatness?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Cranberries are rich in vitamin C which helps collagen production and keeps gums healthy

Potatoes contain potassium, calcium, vitamin C, vitamin B6, and fiber

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TELLING LIES?

Right ways to respond when you catch your child lying

In the journey of parenthood, discovering that your child has told a lie can evoke countless emotions. As our little ones grow, they often stumble into the world of fibs and white lies. However, it's crucial to recognise that lying is a natural part of development, often stemming from various reasons.

So, how can we, as parents, respond when we catch our child telling a tale? Read on for more.

What Is Lying?

Lying, a complex and multifaceted behaviour, is a common phenomenon observed not only in adults but also in toddlers. Understanding why toddlers tend to lie requires delving into the intricate interplay of cognitive, emotional, and social development during these formative years. The first step in learning how to deal with children telling lies is to understand why they do this in the first place. Lying often becomes a tool for them, driven by the fear of punishment, the desire for attention, or the need to avoid embarrassment. It's a part of their journey to learn about cause and effect, emotions, and social interactions.

The Guiding Light

To guide them through this terrain, as parents, we need to grasp the significance of their developmental stages. Here are some ways we can help nurture honesty among our children.

Understand The Trigger: As a parent, before rebuking your child for their lies, you must work towards discovering the reason underlying such an action. Children do not naturally incline towards lying by nature; hence, understanding their trigger can help nip the bad habit in the bud itself.

Build Open Communication: Creating a safe space of trust and open communication is crucial. Be an open book, approachable and understanding. Let your child know they can share their tales without fear of judgment. It's about fostering an environment where honesty feels natural.

Address The Lie Calmly: Imagine your toddler caught in the act of spinning a tale. The key is responding calmly, not with a storm of anger. Take a deep breath, count to ten, and let your response guide the sea of emotions.

Explain Grey Areas: In the realm of honesty, grey areas exist. Help your toddler understand the nuances between imagination, storytelling, and the importance of truthfulness. This fosters a more comprehensive understanding rather than a rigid 'black and white' view.

Establish Clear Expectations And Rules: In our parenting toolkit, clear expectations are the go-to tools. Lay down the rules about honesty, explaining why it's valued in your family. Keep them simple, reinforce them consistently, and let your home be a place where truth is appreciated.

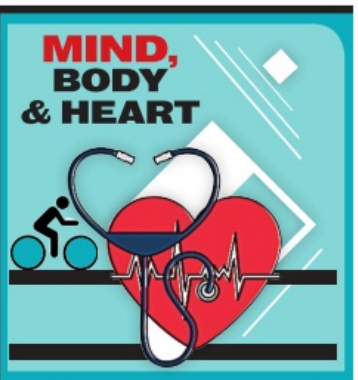
Model Honest Behaviour: As parents, we're the influencers in our children's lives. Be a positive role model by embodying honesty in your actions and communication. Your behaviour is the blueprint for their understanding of truthfulness.

Practice Positive Reinforcement: Rather than focusing solely on addressing lies, emphasise and celebrate honesty. Positive reinforcement reinforces the value of truthfulness, making it more likely for your toddler to choose honesty over falsehood.

Embracing Teachable Moments: Every lie is a potential teachable moment. Instead of punitive measures, use these instances to guide your child towards understanding the consequences of their actions. This helps them develop a sense of responsibility and accountability.

Remember, parenting as a journey, is a marathon, not a sprint. We've unpacked the reasons behind the tales, explored trust-building, and dived into effective communication, but there is no one size that fits all. In parenting, understanding, responding with love, and fostering open communication are the keys to nurturing honest hearts. Fill your parenting journey with practical wisdom, empathy, and the joy of guiding your little one towards a world of honesty.

—Kalwyna Rathod, Femina



All you need to know about...

PMS & depression

Post-pregnancy depression

Women with premenstrual syndrome (PMS), or symptoms experienced before their periods, are at a higher risk of developing post-pregnancy depression, according to a new research.

Mood swings

Conversely, it also found that women with pregnancy-related, or perinatal, depression have a higher risk of experiencing premenstrual disorders, that can include mood swings and physical discomfort.

Understand the link

Researchers, led by the Karolinska Institutet, Sweden, said the findings suggested that a common mechanism could contribute to the two conditions, and that understanding the link could help with extending targeted support to women most likely to be affected.

Using Swedish nationwide registers from 2001 to 2018, the researchers identified roughly 85,000 women having perinatal depression and about 8,50,000 women unaffected women.

Almost 3 per cent of women having pregnancy-linked depression were found to have had premenstrual disorders or PMS before pregnancy, compared to 0.6 per cent of unaffected women. That is, women having PMS were about five times more likely to experience perinatal depression.

Conversely, women who experienced perinatal depression were twice as likely to develop premenstrual disorders, the researchers found.

For docs to know

"It is important that healthcare professionals who meet with women during pregnancy are aware of the link between premenstrual disorders and perinatal depression in order to provide well-informed advice," said Donghao Lu, last author of the paper published in the journal PLoS Medicine.

—PTI

MIRRORLIGHTS

Diabetic and over age 65? You can still add some weight to cut death risk

For those suffering from type 2 diabetes, keeping an ideal body weight is always recommended. However, according to new research, those aged over 65 can still remain "moderately overweight" to minimise their risk of dying from any cardiovascular disease.

The findings, based on health data from the UK Biobank, indicate that for adults aged 65 years or younger, maintaining a body mass index (BMI) within the normal range of 23-25 was associated with the lowest risk of dying from cardiovascular disease.

But for those over 65 years old, being moderately overweight with a BMI of 26-28 had the lowest risk.

"Importantly, we demonstrate that optimal BMI for people with type 2 diabetes varies by age, independent of traditional cardiometabolic risk factors," said Dr Shaoyong Xu from Xiangyang Central Hospital, Affiliated Hospital of Hubei University of Arts and Science, Xiangyang, China.

The findings suggest that for older individuals who are moderately overweight but not obese, maintaining rather than losing weight may be a more practical way of reducing their risk of dying from cardiovascular disease, Xu added.

Maintaining a healthy weight is crucial for reducing the risk of cardiovascular diseases, particularly for people with type 2 diabetes who are predisposed to cardiovascular disease and death.

To reach the conclusion, researchers explored the age differences in the association between BMI and risk of cardiovascular death in 22,874 UK Biobank participants with a previous diagnosis of type 2 diabetes.

The average age of all the participants was 59 years, and around 59 per cent were women.

Researchers analysed data in two age groups -- the elderly (over 65 years) and the middle-aged (age 65 years or younger).

The authors say that in the future, measures of central obesity, such as waist circumference, would be used to further refine the risk.

— IANS

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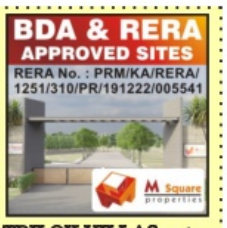

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Section of Bannerghatta road to remain closed for one year from April 1 for Metro work

To facilitate the construction work of Lakkasandra Underground Metro station, the Bannerghatta main road here will be closed from MICO signal upto Anepalya Junction for a period of one year from April 1 onwards, officials said on Saturday.

In its statement, the Bangalore Metro Rail Corporation Limited (BMRCL) said traffic moving on Bannerghatta Main Road intending to reach Anepalya Junction will have to take a right turn at MICO signal to reach Adugodi signal via BOSCH link road and take left.

There is no deviation to the traffic moving towards Dairy Circle from Anepalya junction.

"Traffic from Dairy Circle towards Shanthinagar to take left at 7th Main Road of Wilson Garden. Public are requested to make note of the above changes and cooperate in this regard," it added. **PTI**

'Rescued 250 Indians, 75 of which in last 3 months'

MEA on Indians lured by fake job scheme in Cambodia

The Indian Embassy in Cambodia has been promptly responding to complaints from Indian nationals who were "lured" with employment opportunities in Cambodia but were forced to undertake illegal cyber work, the Ministry of External Affairs (MEA) has said on Saturday. The MEA said that it has rescued and repatriated about 250 Indians, 75 of which were in the past three months.

In a statement, MEA official spokesperson Randhir Jaiswal stated, "Our Embassy in Cambodia has been promptly responding to complaints from Indian nationals who were lured with employment opportunities to that country but were forced to undertake illegal cyber work.

"Collaborating closely with Cambodian authorities, it has rescued and repatriated about 250 Indians, of which 75 in just the last three months," he added.

According to the statement, several advisories have been issued by MEA and the Embassy of India in Cambodia to Indians about such scams.

Jaiswal stated that MEA remains committed to helping all those Indian nationals who seek ministry support and added they are working with agencies in India to crackdown on those responsible for these fraudulent schemes.

In a statement, Jaiswal stated, "Several advisories have also been issued by the Ministry and the Embassy of India in Cambodia to our nationals about such scams. We remain committed to helping all those Indian nationals in Cambodia who seek our support."

"We are also working with Cambodian authorities and with agencies in India to crack down on those responsible for these fraudulent schemes," he added. **ANI**

9 pirates being brought to India to face legal action: Navy

A day after rescuing a hijacked Iranian fishing vessel and its 23-member Pakistani crew under an anti-piracy operation at sea, the Indian Navy on Saturday said the nine surrendered pirates are being brought to India for further legal action.

Action will be taken against them under the Maritime Anti-Piracy Act, 2022.

The Indian Navy's specialist teams have completed sanitisation and seaworthiness checks of fishing vessel Al-Kambar, according to a statement shared by the Navy's spokesperson.

"The crew, comprising 23 Pakistani nationals, were given a thorough medical checkup prior to clearing the boat to continue with her fishing activities," it said.

The Indian Navy on Friday had rescued the hijacked Iranian fishing vessel and its crew, after more than 12 hours of "intense coercive tactical measures" as part of the anti-piracy operation.

The hijacked vessel was intercepted on Thursday, the Navy said on Friday.

"INS Sumedha intercepted FV 'Al Kambar' during early hours of Friday and was joined subsequently by the guided missile frigate INS Trishul," it said.

"After more than 12 hours of intense coercive tactical measures as per the SOPs, the pirates on board the hijacked fishing vessel were forced to surrender. The crew, comprising 23 Pakistani nationals, have been safely rescued," the Indian Navy has added. **PTI**

No water in urban jungle

CONTINUED FROM PAGE 1

inside the forest area and filled them with water from the tankers. Waterholes serve as the only source of drinking water for wild animals and birds and thus cannot be ignored. We will continue to manage these waterholes up until we receive some rain," said Ravindran.

There have been reports of spotted deer and some birds venturing out of this forest patch in search of water.

According to Joseph Hoover, former State Board of Wildlife member and founder of the United Conservation Movement and Charitable Trust, this particular patch of the reserve has gone completely dry and there is no water in BM Kaval Agara forest too.

"We have received reports of some animals getting out and moving in the night towards a nearby waterbody to quench their thirst. We are working in association with the forest department and will ensure animals do not come out of the forest area," said Hoover, who's also the founder of the United Conservation Movement and Charitable Trust.

The instances of animals wandering near human habitation in search of water were confirmed by a city-based animal rescue and rehabilitation centre as well.

According to Dr (Colonel) Nawaz Shariff, chief veterinarian of People for Animals (PFA), wild animals coming out of the Turahalli area can be dangerous as they can get hit by vehicles or attacked by feral dogs.

"We have visited the area a couple of times this summer season and have found spotted deer in forest fringes. Not just the water holes, but the fodder has dried up too. We have thus launched an initiative called 'Operation Quench Thirst', under which, we are filling waterholes and making fodder available as well. We have placed eight concrete rings inside the forest area to store water. Under the initiative, two to three tankers are being sent inside the forest every day," said Dr (Colonel) Shariff.

Road mishaps

335 people killed on national highways

CONTINUED FROM PAGE 1

A total of 1,469 people were involved in road accidents on state highways.

Even on smaller roads, the situation was not favourable — 'other roads' category saw 410 fatal accidents and 1,294 non-fatal accidents.

More than 400 people were killed on 'other roads' in the state.

The police said out of 1,069 people that were killed in road accidents in the state, 419 people died on roads classified as 'other roads', meantime, 1,920 people were injured on these roads.

The police report showed 5,684 people were involved in road accidents across the state, in which more than 4,000 were injured and over 1,000 people lost their lives.

Out of 3,783 total accidents reported in the state, Bengaluru accounted for 11.42% of the mishaps.

In January, the city recorded 432 road accidents.

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'We are much better than that....'

Says Virat Kohli after RCB's crushing loss to KKR

Kohli reacts as he fields the ball during the IPL Twenty20 cricket match on Friday

Star Royal Challengers Bengaluru (RCB) batter Virat Kohli got the dressing room 'Player of the Match' award following his side's loss to Kolkata Knight Riders (KKR) in their Indian Premier League (IPL) clash at Chinnaswamy Stadium on Friday.

Following the loss, Virat, who smashed 83* in 59 balls, with four boundaries and four sixes, was given a gift hamper by his teammate Glenn Maxwell. His knock took RCB to 182/6 in their 20 overs, but explosive knocks by Sunil Narine and Venkatesh Iyer meant that KKR chased it down with 19 balls to spare, with seven wickets in hand.

After receiving the award, Virat said as quoted in a video by RCB's X handle, "On a more serious note, we had a tough night, we all know that. We are much better than that so, as long as we accept it, and move forward with the same courage, and the same belief in our skills. That is all we can come up with, so let us stay on that path."

Virat is also the current 'Orange Cap' holder for most runs in IPL 2023, having scored 181 runs in three innings at an average of 90.50 and a strike rate of over 141. He has scored two half-centuries, with the best score of 83*.

After KKR won the toss, they opted to field. After losing skipper Faf early, Virat Kohli had a 65-run partnership with Cameron Green (33 in 21 balls, with four boundaries and two sixes) and a 42-run stand with Glenn Maxwell (28 in 19 balls, with three fours and a six). Virat scored 83* in 59 balls, with four boundaries and four sixes and took RCB to 182/6 along with Dinesh Karthik (20* in eight balls, with three sixes) in their 20 overs.

Andre Russell (2/29) and Harshit Rana (2/39) were the pick of the bowlers for KKR.

In the run chase, Phil Salt (30 in 20 balls, with two fours and two sixes) and Sunil Narine (47 in 22 balls, with two fours and five sixes) put KKR to a fine start with a quickfire 86-run stand in 39 balls. After Vyshak and Mayank Dagar (1/23 each) dismissed the openers, Venkatesh Iyer (50* in 30 balls, with three fours and four sixes) and skipper Shreyas Iyer (39 in 24 balls, with two fours and two sixes) guided KKR to a seven-wicket win with 19 balls to go.

Sunil won 'Player of the Match' on his 500th match for his knock of 47 and one wicket.

RCB is sixth in the points table with a win and two losses. They have just two points. KKR is at second with two wins in two games, with four points. **ANI**

Narine and Salt pretty much took the game away: du Plessis

After suffering a seven-wicket defeat to Kolkata Knight Riders in Indian Premier League (IPL) 2024, Royal Challengers Bengaluru skipper Faf du Plessis admitted that the game's fate was decided when Phil Salt and Sunil Narine unleashed a stunning assault in the first six overs of the chase to take the game away from the hosts.

Chasing 183 at the M. Chinnaswamy Stadium on Friday evening, Sunil Narine, playing his 500th T20 match, starred with a blazing 47 off 22 balls at the top, while Phil Salt breezed to 30 off 20 balls as KKR amassed 85/0 from their first six overs of the chase. That set the base for KKR to complete the chase in 16.5 overs, with Venkatesh Iyer hitting a 30-ball fifty and captain Shreyas Iyer making 39 not out for the two-time IPL winners to become the first team winning an away match in the ongoing season.

"You can always know after the game, we can say perhaps try one or two things but the way the two of them (Narine and Salt) were striking the ball, some really good batting there, they put pressure on our bowlers," du Plessis said on Friday night. "They hit strong cricket shots and pretty much took the game away. With Narine there, you can't really go to spin, you want to use pace upfront. That's also a really good match-up for Salt and the way he plays. They were excellent, really broke the game in the first six overs," said du Plessis. **IANS**

Fighting against all odds

Playing in the IPL has offered Cameron Green a unique and emotional challenge, fighting through an irreversible kidney disease to give his best to Royal Challengers Bengaluru and his task has become heftier courtesy a rigid dietary plan.

Last December, Green had revealed that he has been suffering from a chronic, long-time kidney disorder, and he now admitted that it at times took an emotional toll on him.

"You get quite emotional because you kind of feel like it's all against you. Like, why is it happening now? No one else is being affected by this," Green said during a virtual interaction on Saturday.

"You blame yourself a little bit, feel a bit guilty that maybe like (you are) keeping the team back a bit. At times it gets quite emotional."

The 24-year-old acknowledged the nagging emotional feeling can weigh on his mind even during a match.

"I can think back to where I'm in a really good position in the game. We've only got half an hour (or) an hour to go in the game.

"Hopefully (I am) trying to get the team over the line and then you have a cramping episode," said Green, who also visited the Bangalore Kidney Foundation to raise awareness about the disease.

The Australian all-rounder said his health condition has made it mandatory for him to pursue a strict food routine. **IANS**

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BANYAN TREE'S
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FESTIVAL
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• Tribute to Coltrane Ben van den Dungen Quartet
• South African Jazz legacy Thapelo Khumisi Trio ft. Titi Luzipo
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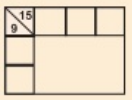
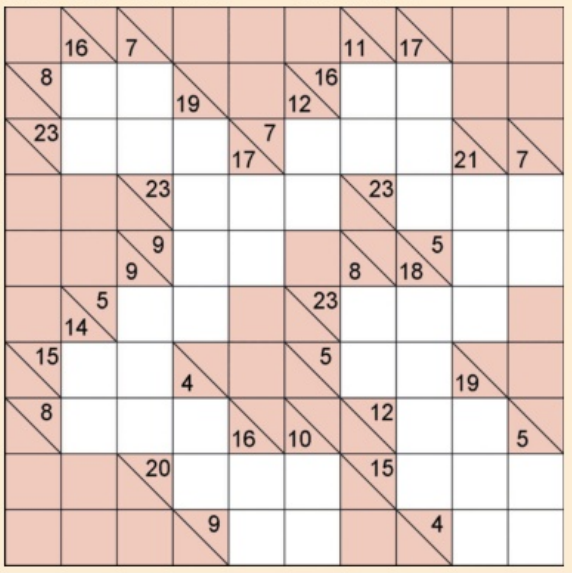
Kakuro

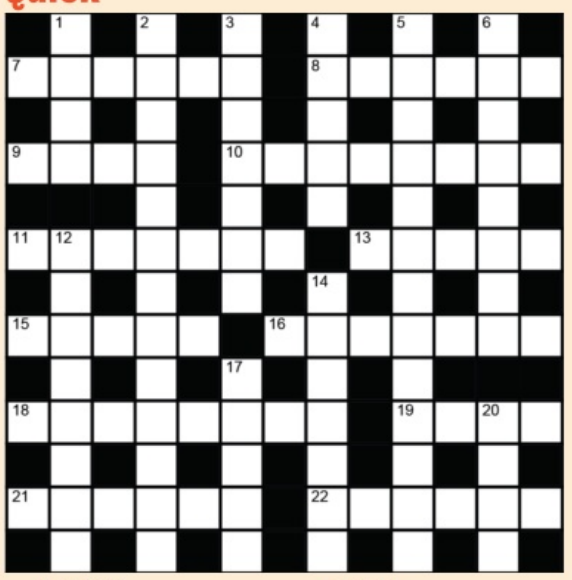
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Strand (6)
8 Intellectual ability (6)
9 Hardens or sets (4)
10 Matters remaining (8)
11 Thought highly of (7)
13 Tender (5)
15 Employing (5)
16 Adriatic port (7)
18 Large church (8)
19 Decays or putrefies (4)
21 Adjust or harmonize (6)
22 Ravenous (6)

DOWN

1 Renown (4)
2 Painstaking (13)
3 Concisely (2,5)
4 Humble or shame (5)
5 Rather deaf (4,2,7)
6 Charge on a loan (8)
12 Dislike (8)
14 Bangalore cinema home to India's first 4k screen (7)
17 One who is eating out (5)
20 Legal injury (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS P

FYXWQORHHG, FYQFHY AOQJ DMYVWYHPYW PYXG FQQXHG.

Linemaro

Did you go to bed early last night? From the looks of it, you got your beauty sleep

Mindchow

Memorial Service: A farewell party for someone who has already left

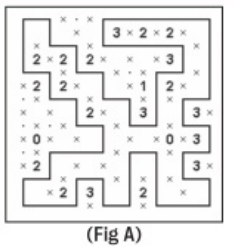
Joke of the day

I have a memory like an elephant. In fact, elephants often consult me

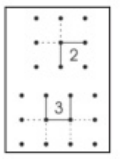
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

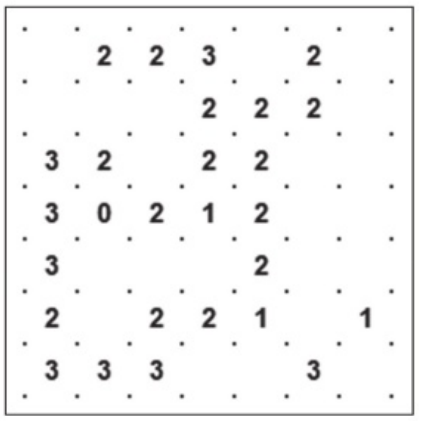


(Fig B) Not Allowed

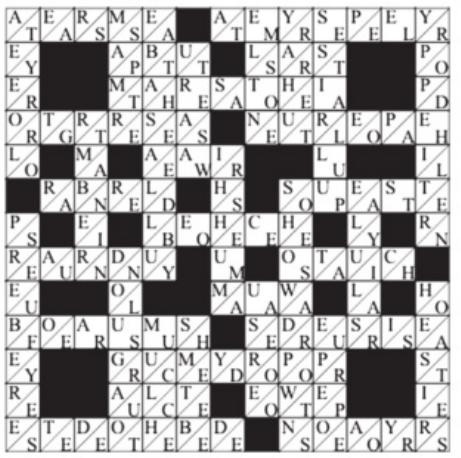
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 B	2	3	4	5
6				
7				
8				
9				

ACROSS

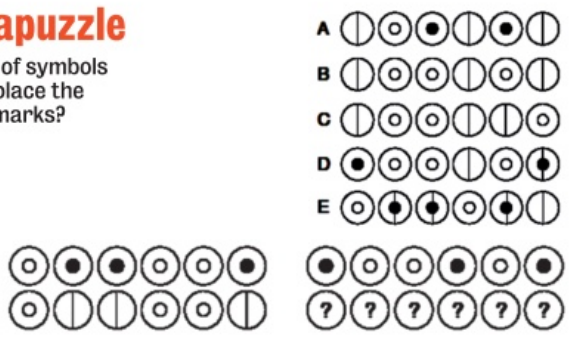
1 S Bars; 6 All PE; 7 Le Pap; 8 Verne; 9 Ok Car

DOWN

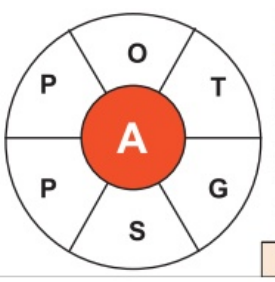
1 Clan B; 2 Parer; 3 Or pap; 4 Valse; 5 Keels

Mensapuzzle

Which set of symbols should replace the question marks?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

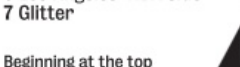
SudokuChallenge

			9	5			3	
2	6		1			9	8	
	3				6			
		1					7	5
6				8				2
9	2					4		
			5				4	
	1	6			9		2	3
	8			3	1			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy: _ _ _ _ _ _ _ = 23 — 1 4 9 9

Medium: _ _ _ _ _ _ _ = 9 — 2 5 7 8

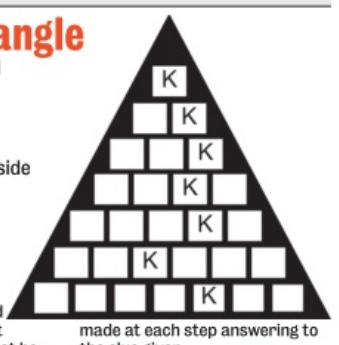
Hard: _ _ _ _ _ _ _ = 3 — 3 5 7 4

Riddler

In any weather we can thrive -- We flow across the plain, And since we never are alive We never can be slain. Our presence you will never lack -- We never leave for long. You chop us down -- we grow right back An army thousands strong. What are we?

Alpha triangle

1 Potassium symbol
2 Machine gun[47]
3 Request
4 Biblical vessels
5 Antics
6 Los Angeles' NBA side
7 Glitter



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

HOCUS-FOCUS

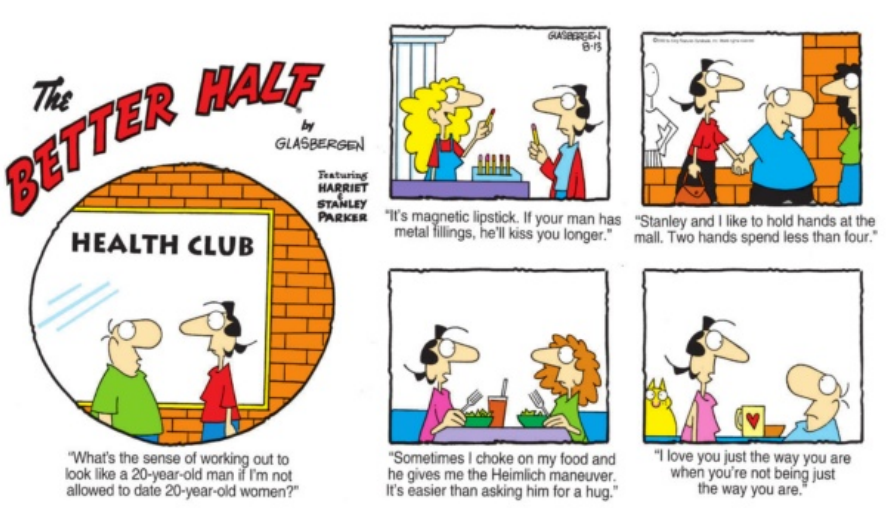
BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Lapel is missing. 2. Straw is missing. 3. Bow tie is missing. 4. Doorknob is lower. 5. Door is wider. 6. Arm with cast is moved.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
HEALTH CLUB
"What's the sense of working out to look like a 20-year-old man if I'm not allowed to date 20-year-old women?"
"It's magnetic lipstick. If your man has metal fillings, he'll kiss you longer."
"Stanley and I like to hold hands at the mall. Two hands spend less than four."
"Sometimes I choke on my food and he gives me the Heimlich maneuver. It's easier than asking him for a hug."
"I love you just the way you are when you're not being just the way you are."

BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
HAVE YOU NOTICED IT, TOO?
OH YEAH.
THE OLDER THEY GET, THE WORSE THEY LOOK.
IT'S GROSS.
SAGGY, TIRED...
ONE OF THEM IS STARTING TO SMELL WEIRD, TOO.
THEY'RE REALLY SHOWING THEIR AGE!
ESPECIALLY HER.
THEY'RE TALKING ABOUT THE JACK-O'-LANTERNS.
OH, WHEW!
THAT ONE LOOKS LIKE DAD.
HEY!

Artist Spotlight: JOHN ROMITA
DURING HIS THREE-DECADE TENURE AT MARVEL COMICS, JOHN ROMITA WOULD BE A GUIDING FORCE - DRAWING AND/OR DESIGNING EVERY MAJOR CHARACTER.
A VETERAN OF THE SPIDER-MAN NEWSPAPER STRIP, HE LENDS HIS CONSIDERABLE TALENT TODAY TO FLASH GORDON.
FLASH GORDON
By JIM KEEFE
4-24
Artwork: JOHN ROMITA
AS THE GRISLY CREATURE APPROACHES, FLASH DESPERATELY ATTEMPTS TO FREE DALE!
ROMITA
BRAC
IT'S HOPELESS! PLEASE... RUN - SAVE YOURSELF...
NEVER!
IF IT WANTS YOU, IT HAS TO GET PAST ME!
TO BE CONTINUED

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day; your financial health is likely to be good. You may benefit from your past investments. You may control your spending on worthless stuff, which may boost your savings. Lovebirds are advised to be polite in conversation with their partner; otherwise, there may be some conflicts between them.

Taurus Apr 21 – May 20
Today you are blessed by the moon, a good day for you. You have good vitality and energy. You may enjoy work and romantic moments with your spouse, which may improve family harmony. You are likely to make new plans to start some new projects; your perfection may help you design the flowchart. Job aspirants will find a good job. Lovebirds are advised to avoid discussions on worthless topics.

Gemini May 21 – Jun 21
Today you may be disappointed. You are advised to control your arrogance; otherwise, you may face losses due to your speech while talking with anyone. Lovebirds should be careful in discussions; otherwise, relations may be affected.

Cancer Jun 22 – July 23
Today you are blessed by the moon; new sources of income may likely open. Your past investments will now start paying off in terms of profits. Your losses will convert into profits, boosting your financial health. Health issues related to parents may be resolved.

Leo Jul 24 – Aug 23
Today you may be very happy; you will be busy at work. Your seniors may be happy and appreciate your work. You may have some changes in your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions regarding marriage with the help of relatives or friends.

Virgo Aug 24 – Sep 23
Today, the messy situation of the last few days is under control. You are blessed by the moon. You may initiate your postponed work. With the blessing, you may get the reward for your hard work. There are gains in your business which may boost your finances. You may spend money on artefacts or literature. You may also plan for an overseas trip.

Libra Sep 24 – Oct 22
Today, you may be busy with family issues. You may explore your extra sources of income, gaining from them. You might take an interest in artefacts, movies, and glamour, which may improve your creativity. Lovebirds have a clear view regarding their relationships. Students may now proceed towards their career goals.

Scorpio Oct 23 – Nov 22
Today, you may not feel well; you might have health issues which may affect your professional and domestic life. You may likely be upset due to your spouse's health issues. Your patience may be tested many times. You are advised not to make investments in new business projects; otherwise, you may face losses. Students are advised to avoid fantasies and work hard in their studies.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon. You may feel healthy, and old health issues may be cured now. The amount that was stuck somewhere may likely be recovered now. You may also apply for a loan to buy luxury items.

Capricorn Dec 23 – Jan 20
Today you may feel very dull, which may make you lazy and careless. You are likely to be unfocused at work; impatience may pull you down negatively. The kid's and spouse's health may upset you. Avoid making investments in assets. Lovebirds should avoid arguments in family matters.

Aquarius Jan 21 – Feb 19
Today you may find negative vibrations around you, which may make you unhappy. You are advised to avoid making investments in worthless assets. Your friends are not likely to be supportive today, so do not expect much from them in terms of help; otherwise, it may upset you. Follow intuition before making important decisions today.

Pisces Feb 20 – Mar 20
Today you may be able to implement business plans successfully with the support of your subordinates. You may be involved in some social or family gatherings, which may boost your network. You may likely go for short business-related travels, which may give you benefits in the near future.

KIDZONE

Nischal S P,
11 Years,
Sri Sri
Ravishankar
Vidya Mandir

Mugdha R
Urs,
8 Years,
Baldwin
Girls High
School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2·2=4,
2+4=6,
6·2=36,
6+6=12
12·2=144,
12+8=20
20·2 ...
Therefore
P 2+4=6
P 6·2=36

BULL'S EYE
atop, gasp, goat,
past, soap, spat,
stag, STOPGAP,
toga

FAST FIVE

B	R	A	S	S
L	A	P	E	L
A	P	P	L	E
N	E	R	V	E
C	R	O	A	K

STRIKE OUT

S	E	E	T	H	E	D		N	E	A	R	S		
	R			A	C	E		O	W	E		I		
	E			S	O			N	S		I	O		
	F	O	R	U	M	S		E	D	E	S	S	A	
	E		O			M	A	W		A		O		
	R	U	N	N	Y		U		O	T	I	C		
	P		I		L	E	E	C	H		L		R	
	A	B	E	D		H		S	P	A	T	E		
	L		A		E	A	R			U			L	
	O	G	R	E	S	S		E	U	R	O	P	E	
	R		M	A	R	A	T	H	I				D	
	Y		A	B	U		S	A	T				O	
T	E	S	S	A		T	E	R	S	E	L	Y		

QUICK

		E		S		R		I		G		T		
	A	T	T	U	N	E		H	U	N	G	R	Y	
	M			N		B		A		R		T		
M	A	R	O	O	N		B	R	A	I	N	S		
	G	E	L	S		R	E	S	I	D	U	E	S	
	A	D	M	I	R	E	D		O	F	F	E	R	
	I		E		F		U		H		S			
	U	S	I	N	G		T	R	I	E	S	T	E	
	T		T		D		V		A					
B	A	S	I	L	I	C	A		R	O	T	S		
	S		O		N		S		I		O			
	E		S	I	D	E		E	D	G	E	S	A	
F	O	R	U	M	S		E	D	R	O	P		S	
	E		G	U	M	D	R	O	P				A	
A	P	P	L	E									E	
B	R	A	S	S										

MENSA PUZZLE
B: all black dots
change to a
horizontal line, all
white dots are
unaffected.

RIDDLER Hair

QUOTE UNCODE
Personally, people
know themselves
very poorly.

SUDOKU

1	7	8	9	5	4	2	3	6
2	6	5	1	7	3	9	8	4
4	3	9	8	2	6	5	1	7
8	4	1	6	9	2	3	7	5
6	5	3	4	8	7	1	9	2
9	2	7	3	1	5	4	6	8
5	1	6	7	4	9	8	2	3
3	9	2	5	6	8	7	4	1
7	8	4	2	3	1	6	5	9

ALPHA TRIANGLE
K, AK, ASK,
ARKS, LARKS,
LAKERS,
Sparkle.

GO FIGURE
Easy
4 + 9 + 1 + 9 = 23
Medium
5 × 2 − 8 + 7 = 9
Hard
7 − 3 − 5 + 4 = 3

LOOP

KAKURO

Volume No 17, Issue No 013 RNI NO:KARENG/2007/22325 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Premiere show — The Silent Prayer, based on the 1984 riots in Coimbatore, is set to premiere on April 5 at the inaugural edition of the Red Lorry Film Festival

BangaloreMirror | 16
Sunday, March 31, 2024
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When Kartik met Kane

Bollywood star Kartik Aaryan, who recently wrapped up the 1st schedule of his upcoming horror-comedy film 'Bhool Bhulaiyaa 3', shared a video of him enjoying the company of footballer Harry Kane.

On Saturday, Kartik took to his Instagram and shared a video of him in which Harry can be seen trying his hands at the dialogue "Chandu nahi, champion hai main."

The actor wrote in the caption, "Chandu nahi Champion hai hum @harrykane."

Kartik Aaryan recently jetted off to the Bundesliga League for a football match. The actor also received an autographed jersey from the footballer.

The director 'Chandu Champion' Kabir Khan, reacted to the video in the comment section saying, "Ye baat hui na champion."

Meanwhile, the film, jointly produced by Sajid Nadiadwala and Kabir Khan, is set for a June 14, 2024 release. —IANS

Indecent proposal

Actresses who were asked to get intimate with co-stars off-camera

In the glamorous world of show business, the journey to success often comes with its own set of challenges. For actresses, navigating through the entertainment industry can sometimes mean encountering uncomfortable and unwelcomed situations. From facing demands for intimacy off-camera to being threatened with the possibility of losing roles if they refuse to compromise, here's a list of actresses who bravely confronted such situations and spoke out about their harrowing experiences.
— ETimes

Raveena Tandon

Actress Raveena Tandon opened up about her steadfast refusal to conform to the norms prevalent in 90s Bollywood. Tandon, known for her bold and outspoken nature, revealed that she faced backlash for refusing to comply with the expectations of her male co-stars. "I was not sleeping around with heroes for roles or having affairs," she revealed in an interview. She further added that because she refused to compromise her dignity for professional gain, she was considered "arrogant."

Radhika Apte

Actress Radhika Apte candidly shared an incident where she received an unexpected request for a film. Recalling the unsettling conversation, Apte revealed that she was asked if she would be willing to engage in intimate relations with a co-star to bag a role in a Bollywood film. "I got a call and they said 'They're doing this film in Bollywood and I want you to have a meeting with them. But would you be okay sleeping with that person,'" she said. Unfazed by the proposition, Apte revealed that she firmly declined the offer, telling the man to "go to hell.

Mallika Sherawat

Actress Mallika Sherawat shed light on the issue of the casting couch in the Hindi film industry. Sharing her own ordeal, Sherawat revealed how she was subjected to inappropriate advances and revealed that she lost film roles for rejecting unwarranted demands from male actors. Sherawat shocked fans when she said, "I was thrown out of projects because heroes would say 'Why can't you be intimate with me? You can do it on screen, what's the problem in doing that with me in private?'"

Sharon Stone

Recently Hollywood actor Billy Baldwin, who shared the screen with actress Sharon Stone in the 1993 film 'Sliver', was fuming at the actress' claims of being forced to have sex with him. Earlier, Sharon Stone claimed that a producer tried to force her to sleep with Billy Baldwin, reports Female First UK. The actress had said that producer Robert Evans – who died in 2019 aged 89 – wanted her to get intimate with Billy, 61, while they filmed 'Sliver' together to improve his acting and "save the movie" from being a flop.

Core issue

Rashmika Mandanna on Saturday said that her happiest time is when she does a core strengthening workout.

Taking to Instagram, Rashmika, who was most recently seen in the Ranbir Kapoor-starrer 'Animal', shared a Reel video, wherein we can see her doing workout, wearing a white crop top and orange joggers.

The visual shows Rashmika lying down on a mat and doing core strengthening workout.

The post is captioned as: "My happiest time is when I am doing a core strengthening workout," followed by a dancing girl emoji. The video has garnered 862K views, with fans hailing their favourite stars.

One user said: "Always getting that workout in". Another fan wrote: "My strong girl". On the professional front, Rashmika is gearing up for the action drama 'Pushpa 2: The Rule'. The film stars Allu Arjun in the titular role. Directed by Sukumar, the film also stars Fahadh Faasil.

She also has 'Rainbow', 'The Girlfriend', 'Chaava' in the pipeline. —IANS